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HOW DOES MADONNA GET SO JACKED? {page 18}

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NEW YORK

Wednesday, February 6, 2013



Big Apple pickling

► Incidents of iPhone theft on the rise ► NYPD says theft of Apple products pushed crime rate higher ► Ways to protect your phone {page 02}

gift guide

Lingerie is a win-win gift

► Seriously, you love to either give or get it on Valentine's Day {pages 14, 20}



the word

Puppy bowls over writer

► Why our gossip columnist loves Quvenzhané Wallis' funky purses {page 12}



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NYPD: City's crime rate dialed up by iPhone thefts

► Phone theft is serious crime ► City says an increase in theft of Apple products pushed crime-stats increase ► Several new programs to help protect your phone

In the middle of the afternoon last Thursday, a 17-year-old girl was followed into her apartment building on East 187th Street and viciously beaten — all, seemingly, for her iPhone.

Police caught the attack on surveillance camera and described the suspect as Hispanic and in his early 20s, with cornrows and a burgundy coat.

The suspect pushed her against a wall then dragged her down a flight of stairs. At the bottom of the stairs, he punched her repeatedly in the face, then stole her iPhone and fled.

While not always violent, iPhone thefts are a major problem in New York City, according to police statistics.

Last year, NYPD Commissioner Ray Kelly and Mayor Michael Bloomberg blamed an in-



► Apparently iPhones are a hot commodity for crooks.

crease in crime citywide on a spike in the theft of Apple products.

Between Jan. 1 of last year and Sept. 23, the NYPD reported 11,447 thefts of Apple products, a 40-percent increase from the year before.

The total number of crimes citywide for that same time period was 79,335, a 4-percent increase from the year before.

Deputy Commissioner Paul Browne noted in September that the increase in Apple thefts exceeded the increase in overall crime by 265.

The NYPD is working to prevent these thefts, in part with a program called Operation I.D., where community affairs officers offer free engraving of serial numbers on any electronic valuable. A crime preven-

tion officer at any precinct can coordinate that, and record the serial number and owner's name and address.

The NYPD also encourages the use of the Find My iPhone app and the PIN lock function.

Most importantly, though, New Yorkers are advised to keep their phones out of sight as much as possible.

Stolen phones can be reprogrammed with a new number and a new account. Sen. Chuck Schumer proposed legislation last year that would create a national registry of stolen phones with the Federal Communications Commission so that thieves would be unable to reregister stolen phones.



Danielle Tcholakian
danielle.tcholakian@metro.us

By the numbers

40%

Increase in thefts of Apple products between Jan. 1 and Sept. 23, 2012, compared to the previous year

One New Yorker's story

Lauren Pisano was robbed of her phone on the F train into Manhattan after visiting her mother in Forest Hills. She was looking at iPhone photos from a trip

to Europe when a teenager waiting by the car doors grabbed her phone and ran. Pisano jumped up to chase him but realized the train doors were closing with her things inside. Afterward, Pisano said, "Everyone was in shock,

but there was nothing anyone could do, so we all sat in silence — everyone staring at me." When she got off the train, another passenger offered to serve as a witness if Pisano wanted to file a police report, but she declined, choosing to head

to the nearest Apple store for a new phone, hoping she "could act like it never happened."

"I still get upset when I think about," Pisano said. "It was so terrible to feel so violated and unsafe in my city."

Sandy. Payout



► Staten Island residents and members of an Oakwood Beach homeowners association speak with City Council Speaker Christine Quinn, center, yesterday.

GETTY IMAGES

Council Speaker stops by Sandy ravaged SI

City Council Speaker Christine Quinn spoke with Staten Island residents and members of an Oakwood Beach homeowners association yesterday in their heavily flood-damaged neighborhood. She wanted to find out what they thought of a program proposed by Gov. Andrew Cuomo to buy out homeowners whose properties were destroyed by Hurricane Sandy. ● METRO

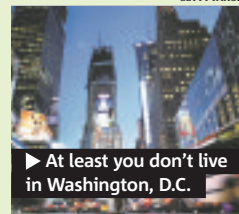


Cops release latest stop-and-frisk data

NEW YORK. The NYPD released stop-and-frisk data that shows where the most stops were in the city. According to the report, the police precinct with the most stops includes parts of East New York in Brooklyn. In 2011, 685,724 people were stopped in the five boroughs, according to the report. ● METRO/AB

In the news

GETTY IMAGES



► At least you don't live in Washington, D.C.

NY ranks fourth in worst traffic

If you've ever tried to drive away from New York for the weekend — or even to Ikea — this won't surprise you: New York recently ranked fourth in the U.S. for worst traffic.

The annual Urban Mobility Report, which spotlights congestion problems, placed the New York and Newark area in the fourth slot.

Drivers in the city spent 59 hours on average sitting in traffic in 2011, senior research engineer Tim Lomax said.

The report reveals Washington, D.C., as leading with the worst congestion, followed by Los Angeles and San Francisco before NYC.

Also, in a finding that may be familiar to many New Yorkers, for important trips, travelers had to allow for 60 minutes for a trip that should usually take 20 minutes, according to the report. ● METRO/AB

JANUVIA® (sitagliptin) tablets are widely available on most insurance plans.^a

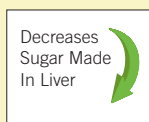
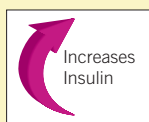
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and talked to my doctor.

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JANUVIA works to lower blood sugar in 2 ways. Talk to your doctor about JANUVIA today.



- JANUVIA is a once-daily prescription pill that helps your body increase the insulin made in your pancreas and decrease the sugar made in your liver.
- Along with diet and exercise, JANUVIA helps lower blood sugar levels in adults with type 2 diabetes.
- By itself, JANUVIA is not likely to cause weight gain or low blood sugar (hypoglycemia).

JANUVIA (jah-NEW-vee-ah) should not be used in patients with type 1 diabetes or with diabetic ketoacidosis (increased ketones in the blood or urine). If you have had pancreatitis (inflammation of the pancreas), it is not known if you have a higher chance of getting it while taking JANUVIA.

Selected Risk Information About JANUVIA

Serious side effects can happen in people who take JANUVIA, including pancreatitis, which may be severe and lead to death. Before you start taking JANUVIA, tell your doctor if you've ever had pancreatitis. Stop taking JANUVIA and call your doctor right away if you have pain in your stomach area (abdomen) that is severe and will not go away. The pain may be felt going from your abdomen through to your back. The pain may happen with or without vomiting. These may be symptoms of pancreatitis.

Do not take JANUVIA if you are allergic to any of its ingredients, including sitagliptin. Symptoms of serious allergic reactions to JANUVIA, including rash, hives, and swelling of the face, lips, tongue, and throat that may cause difficulty breathing or swallowing, can occur. If you have any symptoms of a serious allergic reaction, stop taking JANUVIA and call your doctor right away.

^aFormulary data provided by Pinsonault Associates, LLC, April 2012.

Please read the Medication Guide on the adjacent page for more detailed information.



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^bTerms and conditions apply. Please see next page.

Eligible patients may receive a free 30-day trial supply of JANUVIA® (sitagliptin) tablets.

Dose _____mg
Offer valid for up to 30 tablets.

1. Take this voucher to your next appointment. Ask your doctor about JANUVIA.
 2. Get a free 30-day trial supply of JANUVIA if your doctor says it's right for you.
- No purchase is required. Not valid for refills.**

JANUVIA is a prescription medication. Only your health care provider can decide if JANUVIA is right for you.

How this voucher works:

- This voucher can be used 1 time before the expiration date.
- To receive your free 30-day trial supply of JANUVIA, take this voucher with your valid signed prescription to any participating eligible retail pharmacy (certain restrictions apply).
- There is no requirement to purchase any product or service to receive your free 30-day trial supply of JANUVIA.
- Restrictions apply. Please see Terms and Conditions on the back of this voucher.
- Expiration Date: 06/30/2013

Prescriber

To initiate a free 30-day trial supply for an appropriate patient, you should:

- Read the Prescribing Information before prescribing JANUVIA.
- Write a prescription for up to 30 tablets of JANUVIA. No substitutions are permitted.
- Refills are not required and there are no requirements to purchase any product or service to use this voucher. If you want your patient to continue taking JANUVIA beyond the free trial period, please write a separate prescription based on your recommended therapy.
- Fill in the dose on this voucher.
- Give the valid signed prescription and this voucher to the patient.



- Eligible patients can take this voucher and the prescription to any participating eligible retail pharmacy to receive their free 30-day trial supply.
- For additional copies of the Prescribing Information, call 800-672-6372, visit www.Januvia.com, or contact your Merck representative.

Pharmacist

- Only 1 voucher may be used per patient. Voucher may not be transferred to another patient.
- There is no requirement for patient to purchase any product or service and refills are not required.
- Please ensure that the medication and dosage strength selected match the medication and dosage strength on the prescription.
- Submit claim to McKesson Corporation using BIN No. 610524. For pharmacy processing questions, please call the Help Desk at 800-657-7613.
- For all other prescriptions, please use the patient's primary method of payment and a new Rx number.
- By processing this voucher, you agree that no claim for payment or reimbursement may be submitted for the free trial supply to any patient or any third-party payer, including federal or state health care programs (Medicaid, Medicare [including true out-of-pocket expense (TrOOP)], or any other state or federal medical or pharmaceutical benefit or pharmaceutical assistance program), private insurers, and health or pharmacy benefit plans.
- For auditing purposes, a copy of this voucher must be attached to the original prescription and retained by the pharmacy. McKesson Corporation reserves the right to review all records and documentation relating to the dispensing of product.
- By accepting this voucher, you agree to the terms hereof.
- No universal claim forms will be processed.

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THIS VOUCHER IS NOT INSURANCE.

Medication Guide**JANUVIA® (jah-NEW-vee-ah) (sitagliptin) Tablets**

Read this Medication Guide carefully before you start taking JANUVIA and each time you get a refill. There may be new information. This information does not take the place of talking with your doctor about your medical condition or your treatment. If you have any questions about JANUVIA, ask your doctor or pharmacist.

What is the most important information I should know about JANUVIA?

Serious side effects can happen in people taking JANUVIA, including inflammation of the pancreas (pancreatitis) which may be severe and lead to death.

Certain medical problems make you more likely to get pancreatitis.

Before you start taking JANUVIA:

Tell your doctor if you have ever had

- pancreatitis
- stones in your gallbladder (gallstones)
- a history of alcoholism
- high blood triglyceride levels
- kidney problems

Stop taking JANUVIA and call your doctor right away if you have pain in your stomach area (abdomen) that is severe and will not go away. The pain may be felt going from your abdomen through to your back. The pain may happen with or without vomiting. These may be symptoms of pancreatitis.

What is JANUVIA?

- JANUVIA is a prescription medicine used along with diet and exercise to lower blood sugar in adults with type 2 diabetes.
- JANUVIA is not for people with type 1 diabetes.
- JANUVIA is not for people with diabetic ketoacidosis (increased ketones in your blood or urine).
- If you have had pancreatitis (inflammation of the pancreas) in the past, it is not known if you have a higher chance of getting pancreatitis while you take JANUVIA.
- It is not known if JANUVIA is safe and effective when used in children under 18 years of age.

Who should not take JANUVIA?**Do not take JANUVIA if:**

- you are allergic to any of the ingredients in JANUVIA. See the end of this Medication Guide for a complete list of ingredients in JANUVIA.

Symptoms of a serious allergic reaction to JANUVIA may include:

- rash
- raised red patches on your skin (hives)
- swelling of the face, lips, tongue, and throat that may cause difficulty in breathing or swallowing

What should I tell my doctor before taking JANUVIA?**Before you take JANUVIA, tell your doctor if you:**

- have or have had inflammation of your pancreas (pancreatitis).
- have kidney problems.
- have any other medical conditions.
- are pregnant or plan to become pregnant. It is not known if JANUVIA will harm your unborn baby. If you are pregnant, talk with your doctor about the best way to control your blood sugar while you are pregnant.
- **Pregnancy Registry:** If you take JANUVIA at any time during your pregnancy, talk with your doctor about how you can join the JANUVIA pregnancy registry. The purpose of this registry is to collect information about the health of you and your baby. You can enroll in this registry by calling 1-800-986-8999.
- are breast-feeding or plan to breast-feed. It is not known if JANUVIA will pass into your breast milk. Talk with your doctor about the best way to feed your baby if you are taking JANUVIA.

Tell your doctor about all the medicines you take, including prescription and non-prescription medicines, vitamins, and herbal supplements.

Know the medicines you take. Keep a list of your medicines and show it to your doctor and pharmacist when you get a new medicine.

How should I take JANUVIA?

- Take JANUVIA 1 time each day exactly as your doctor tells you.
- You can take JANUVIA with or without food.
- Take JANUVIA tablets whole. Do not split, crush, or chew JANUVIA tablets before swallowing. If you cannot swallow JANUVIA tablets whole tell your doctor.
- Your doctor may do blood tests from time to time to see how well your kidneys are working. Your doctor may change your dose of JANUVIA based on the results of your blood tests.
- Your doctor may tell you to take JANUVIA along with other diabetes medicines. Low blood sugar can happen more often when JANUVIA is taken with certain other diabetes medicines. See **"What are the possible side effects of JANUVIA?"**.
- If you miss a dose, take it as soon as you remember. If you do not remember until it is time for your next dose, skip the missed dose and go back to your regular schedule. Do not take two doses of JANUVIA at the same time.
- If you take too much JANUVIA, call your doctor or local Poison Control Center right away.
- When your body is under some types of stress, such as fever, trauma (such as a car accident), infection or surgery, the amount of diabetes medicine that you need may change. Tell your doctor right away if you have any of these conditions and follow your doctor's instructions.
- Check your blood sugar as your doctor tells you to.

- Stay on your prescribed diet and exercise program while taking JANUVIA.
- Talk to your doctor about how to prevent, recognize and manage low blood sugar (hypoglycemia), high blood sugar (hyperglycemia), and problems you have because of your diabetes.
- Your doctor will check your diabetes with regular blood tests, including your blood sugar levels and your hemoglobin A1C.

What are the possible side effects of JANUVIA?**Serious side effects have happened in people taking JANUVIA.**

- See **"What is the most important information I should know about JANUVIA?"**.
- **Low blood sugar (hypoglycemia).** If you take JANUVIA with another medicine that can cause low blood sugar, such as a sulfonylurea or insulin, your risk of getting low blood sugar is higher. The dose of your sulfonylurea medicine or insulin may need to be lowered while you use JANUVIA. Signs and symptoms of low blood sugar may include:
 - headache
 - drowsiness
 - weakness
 - dizziness
 - confusion
 - irritability
 - hunger
 - fast heart beat
 - sweating
 - feeling jittery
- **Serious allergic reactions.** If you have any symptoms of a serious allergic reaction, stop taking JANUVIA and call your doctor right away. See **"Who should not take JANUVIA?"**. Your doctor may give you a medicine for your allergic reaction and prescribe a different medicine for your diabetes.
- **Kidney problems**, sometimes requiring dialysis

The most common side effects of JANUVIA include:

- upper respiratory infection
- stuffy or runny nose and sore throat
- headache

JANUVIA may have other side effects, including:

- stomach upset and diarrhea
- swelling of the hands or legs, when JANUVIA is used with rosiglitazone (Avandia®). Rosiglitazone is another type of diabetes medicine.

These are not all the possible side effects of JANUVIA. For more information, ask your doctor or pharmacist.

Tell your doctor if you have any side effect that bothers you, is unusual or does not go away.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

How should I store JANUVIA?

Store JANUVIA at 68°F to 77°F (20°C to 25°C).

Keep JANUVIA and all medicines out of the reach of children.**General information about the use of JANUVIA**

Medicines are sometimes prescribed for purposes that are not listed in Medication Guides. Do not use JANUVIA for a condition for which it was not prescribed. Do not give JANUVIA to other people, even if they have the same symptoms you have. It may harm them.

This Medication Guide summarizes the most important information about JANUVIA. If you would like to know more information, talk with your doctor. You can ask your doctor or pharmacist for additional information about JANUVIA that is written for health professionals. For more information, go to www.JANUVIA.com or call 1-800-622-4477.

What are the ingredients in JANUVIA?

Active ingredient: sitagliptin.

Inactive ingredients: microcrystalline cellulose, anhydrous dibasic calcium phosphate, croscarmellose sodium, magnesium stearate, and sodium stearyl fumarate. The tablet film coating contains the following inactive ingredients: polyvinyl alcohol, polyethylene glycol, talc, titanium dioxide, red iron oxide, and yellow iron oxide.

What is type 2 diabetes?

Type 2 diabetes is a condition in which your body does not make enough insulin, and the insulin that your body produces does not work as well as it should. Your body can also make too much sugar. When this happens, sugar (glucose) builds up in the blood. This can lead to serious medical problems.

High blood sugar can be lowered by diet and exercise, and by certain medicines when necessary.

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 Revised 04/2012
 USMG-T-04311204R008

This Medication Guide has been approved by the U.S. Food and Drug Administration.

DIAB-1039462-0000 07/12

Januvia®
 (sitagliptin) tablets

Terms and Conditions

- This voucher is valid for 1 free 30-day trial supply of JANUVIA.
- Limit 1 voucher per patient for the duration of the program.
- Valid for 1-time use only. Free trial offer is valid only for up to 30 tablets of JANUVIA. No purchase is necessary. Refills are not required.
- This voucher is not transferable. No substitutions are permitted. Cannot be combined with any other free trial, coupon, discount, prescription savings card, or other offer.
- **This voucher is not insurance.**
- You must be 18 years or older to redeem this voucher. Patient, pharmacist, and prescriber agree not to seek reimbursement for all or any part of the benefit received by the patient through this offer.
- The free trial supply of JANUVIA cannot be used toward any out-of-pocket costs under any plan (such as true out-of-pocket expense [TrOOP]).
- This voucher can be used only by eligible US residents at any participating eligible retail pharmacy in the United States. Product must originate in the United States.
- This voucher is the property of Merck and must be turned in on request.
- Merck reserves the right to rescind, revoke, or amend this offer at any time without notice.
- **It is illegal to sell, purchase, trade, or counterfeit this voucher. Void if reproduced. Void where prohibited by law, taxed, or restricted.**
- **Please read the accompanying Medication Guide and discuss it with your doctor. Also available is the physician Prescribing Information.**
- **Expiration Date: 06/30/2013**

Januvia®
 (sitagliptin) tablets

Homeless Sandy victims criticize state of shelters

Superstorm Sandy evacuees say they are living in squalid conditions in hotels and shelters months after the storm.

People whose homes were wrecked in the storm spoke out yesterday at City Hall, demanding improved sanitary conditions at the places they are sleeping.

Several City Council organizations jointly held a hearing yesterday regarding shelter for storm victims.

"Hurricane Sandy created an unprecedented need for emergency shelter," according to council documents prepared for the hearing.

After the storm, many people were housed in 76 schools transformed into shelters but were transferred to homeless shelters or YMCAs.

About 1,000 people were assigned to 29 hotels, according to the



► Sandy victims who can't return home are being housed in shelters and hotels.

GETTY IMAGES

3K More than 3,000 New York City households are displaced by Sandy and living in hotels, according to City Council.

council.

Some have FEMA vouchers, and others' rooms are paid for by the city — which has spent \$50 million on the hotel program, according to the council.

Council members ad-

ressed the conditions of shelters, as well as hotels housing evacuees.

Those New Yorkers living away from home reported fire-safety issues and housing code violations.

Far Rockaway resident Rosie Bethea is worried she will be put out of the hotel she's staying in.

She asked council members for low-income housing "so that we can start putting our lives back together."

● METRO/AB

News in brief

City Council to vote on new district borders

CITY HALL. Yesterday, the New York City Districting Commission released new proposed maps for council districts.

Republican Councilman Dan Halloran fought previous maps but praised yesterday's proposed maps as "reflect[ing] the proper goal of districting: keeping neighborhoods together and preserving their character." The commission will vote this evening on whether to send the maps to City Council for a vote. If approved, the districts will take effect for this year's elections in November.

● METRO/DT



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News in brief

**NY lawmaker
apologizes for
comparing
Cuomo to Hitler**

State Assemblyman Steve McLaughlin posted a video on YouTube yesterday afternoon to publicly apologize to Gov. Andrew Cuomo and "all of you" for an analogy "that [he] should not have made" at a press conference earlier that day.

McLaughlin, a Republican, said his constituents are "very upset" about the gun control bill Cuomo passed last month, which is why he was moved to speak the way he did.

The New York Post reported that McLaughlin said pushing the gun control bill to pass through a message of necessity — allowing an immediate vote and bypassing a three-day review process — was a "dictatorial thing



McLaughlin

The comments

"[The review was a] dictatorial thing to do."

"[Hitler, Mussolini and Moscow] would be proud."

to do" and that Hitler, Mussolini and Moscow "would be proud."

"Just like you, I'm human and I make mistakes sometimes," McLaughlin said in the video.

● METRO/DT

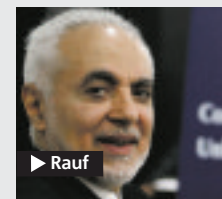
News in brief

**Former head of
Ground Zero
mosque named
in lawsuit**

The head of a proposed mosque that was to be built near the site of the Sept. 11 attacks was sued yesterday and accused of squandering millions of dollars in donations on lavish perks.

The lawsuit, filed in Manhattan Supreme Court by several donors, accuses Imam Feisel Abdul Rauf of diverting \$167,000 from donations and \$3 million from the Malaysian government for his personal use.

REUTERS



MARWAN NAAMANI/AFP/GETTY IMAGES

V-Day. Bugs



► A Madagascar hissing cockroach at the Bronx Zoo

BRONX ZOO

Creepy-crawly kind of love at the Bronx Zoo

It's that time of year, when young New York lovers' fancies turn toward affection — and hissing cockroaches. Now in its third year, "Name-A-Roach" at the Bronx Zoo lets romantic couples, an ex or even a mother-in-law name one of the thousands of Madagascar hissing cockroaches at the zoo after their loved ones. To find out more, visit bronxzoo.com. ● METRO

News in brief

**NYPD: Brooklyn
woman killed
by brother**

A woman was shot dead by her brother yesterday morning, NYPD reports.

According to a law enforcement source, the 63-year-old woman was allegedly attempting, with her 37-year-old daughter,

70 The brother is 70 years old and is the suspect in the fatal shooting.

to evict her older brother from the basement of her house at 359 E. 25th St. in Ditmas Park, Brooklyn, when her brother shot her in the chest.

She was pronounced dead at Kings County

Hospital at 11 a.m.

The daughter was at the hospital in stable condition. A bullet grazed her head.

The 70-year-old shooter and his firearm are in police custody, but charges are still pending.

The identities of the mother and daughter will be released after the family has been notified.

● METRO/DT

Mayor Bloomberg, you can end the school bus strike tomorrow



It is not about money-it's about the safety of the school children. The existing workforce provides that safety.

It is not illegal to keep the most experienced drivers and matrons on the job. You have options.

Mayor Bloomberg Local 1181 is willing to go back to work.

All we ask is for you to postpone the bid and come to the table and negotiate.

The National Labor Relations Board says you can.



From the Drivers Matrons and Mechanics of ATU Local 1181



In the news

GETTY IMAGES



► Obama

Obama brings short-term deal to delay cuts

WASHINGTON. President Barack Obama yesterday urged Congress to pass a small package of spending cuts and tax reforms to delay larger, automatic cuts from going into effect and damaging the economy on March 1.

His proposal was quickly rebuffed by Republican leaders, who rejected the suggestion of tax increases after agreeing to raise rates for top U.S. earners earlier this year.

If launched as sched-

uled, the cuts — dubbed the “sequester” — would reduce federal spending across the board by about \$85 billion for one year, split evenly between military and domestic programs. The total amount of reductions through 2022 would be about \$1.2 trillion.

REUTERS

Bulgaria blames Hezbollah for attack on Israeli tourists

SOFIA. Bulgaria accused Lebanese militant movement Hezbollah of carrying out a bomb attack on a bus in the city of Burgas that killed five Israeli tourists last year.

The conclusions of the Bulgarian investigation, citing a clear connection to an attack on European Union soil, might open the way for the EU to join the United States in branding the Iranian-backed Hezbollah a terrorist organization.

REUTERS

US: Patchy intel is no bar to killing American terrorists

GETTY IMAGES



► Targeted killings, carried out by remotely piloted unmanned aircraft, are controversial because of the risks to nearby civilians and because of their increasing use.

The government has authorized the killing of American citizens as part of its controversial drone campaign against al Qaeda even without intelligence that such Americans are actively plotting to attack a U.S. target, according to a Justice Department memo.

The unclassified memo, first obtained by NBC News, argues that drone strikes are justified under American law if a targeted U.S. citizen had “recently” been involved in “activities” posing a possible threat and provided that there is no evidence suggesting the individual “renounced or abandoned” such activities.

The document was disclosed as a bipartisan group of U.S. senators called on the Obama administration to release to Congress “any and all” legal opinions laying out the government’s understanding of what le-

gal powers the president has to deliberately kill American citizens.

The senators who signed the letter, including members of the Senate Intelligence Committee, said the administration’s cooperation would “help avoid unnecessary confrontation that could affect the Senate’s consideration of nominees for national security purposes.”

An Intelligence Committee confirmation hearing on the nomination is scheduled for tomorrow, and Brennan is likely to face questioning on drone policy.

One national security official said the leak of the Justice Department memo may have been timed to blunt such congressional demands for the release of additional, possibly classified documents relating to the U.S. use of drones.

REUTERS

Chair calls for advice on drone killings

Sen. Dianne Feinstein, the Democrat who chairs the Senate Intelligence Committee, in a statement yesterday said she had been calling on the administration for more than a year to release legal analy-

ses related to the use of drones.

Feinstein said the document published by NBC had been given to congressional committees last June on a confidential basis, and that her committee is seeking additional documents, which are believed to remain classified.

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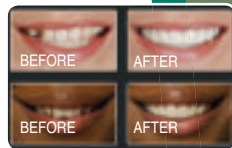
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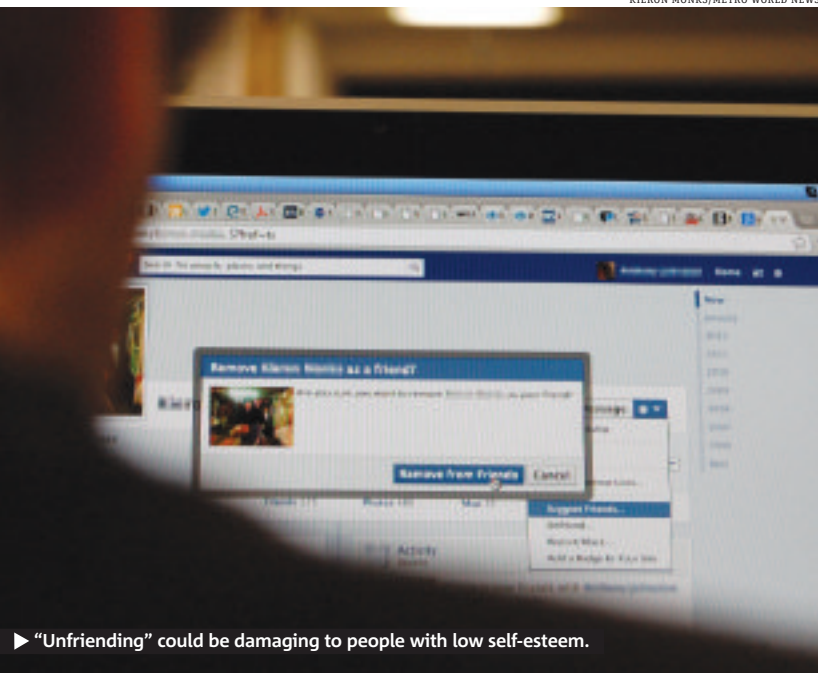
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You may never be forgiven for ending Facebook friendships

► It may not be personal, but it hits vulnerable users hard ► Reasons for drops include issues such as friends' 'frequent, unimportant posts'

KIERON MONKS/METRO WORLD NEWS



► "Unfriending" could be damaging to people with low self-esteem.

If you want to trim your list of Facebook contacts, think twice before hitting "unfriend." The person may never forgive you, according to a new academic study.

About 40 percent of people would avoid seeing someone in real life who had unfriended them, with 10 percent unsure. A higher ratio of women said they would avoid contact than men. The study also found that the likeliest determining factor for a decision to avoid someone was if the unfriending had been discussed with other people.

"People think social networks are just for fun," said study author Christopher Sibona, a Ph.D. student at the University of Colorado Denver Business School.

40%

About 40 percent of people would avoid someone in real life who had unfriended them.

10%

About 10 percent weren't sure they could approach a person after the Facebook friendship ends.

"The study makes clear that unfriending is meaningful and has important psychological consequences for those to whom it occurs." SIBONA

"But the study makes clear that unfriending is meaningful and has important psychological consequences for those to whom it occurs." Social networks are especially attractive to narcissists and people with low self-esteem, but they are vulnerable. "Unfriending could damage people with anxiety and confi-

dence issues," said Dr. Gregory Webster, psychologist and social media expert at the University of Florida. "These networks can distort reality, particularly if you don't have much of a social life in the real world."

 **Kieron Monks**
METRO WORLD NEWS

Reasons for unfriending

Sibona had also researched causes of unfriending in a 2010 study.

Leading factors were

"frequent, unimportant posts," such as ones about children or family, and controversial posts on politics or religion. But Webster believes unfriending is also for "public presen-

tation and wanting to appear very selective about our social set."

Given the looser ties of virtual friendships, almost every user faces being unfriended at some point.

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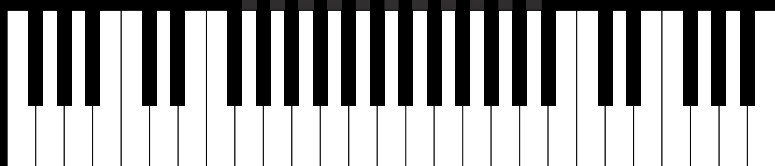
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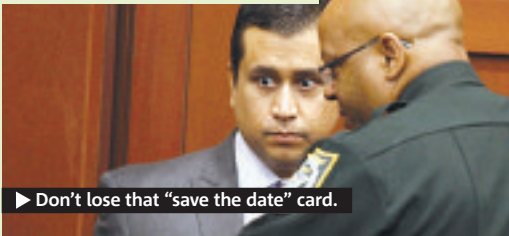
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GETTY IMAGES

No delay in Trayvon Martin killing trial

A Florida judge yesterday rejected a bid by George Zimmerman to delay his June trial for the murder of unarmed black teenager Trayvon Martin, whom he shot and killed a year ago this month.

"I don't see any of your issues as insurmountable," Seminole County Circuit Court Judge Debra Nelson told the court yesterday in denying a motion by Zimmerman's lawyer,

Mark O'Mara, for a continuance in the racially charged trial.

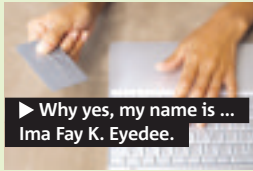
Before ruling, Nelson noted she had set aside several full days of court time for Zimmerman's defense attorneys and prosecutors to bring issues before the court, but most of that time had gone unused.

She also said O'Mara had been working on Zimmerman's defense since April 2012 and still has another four months to prepare for the June 10 trial. **REUTERS**

Charged over cards Credit card fraud ends in 18 arrests

U.S. prosecutors yesterday charged 18 people with fraud for allegedly creating and using thousands of fake identities to ring up hundreds of millions of dollars in credit card purchases.

The 18 people were the ringleaders of a massive credit card fraud scheme that lasted nearly 10 years, according to a criminal complaint. The FBI was in the processing of making arrests yesterday morning. The 18 people were located in New York, New Jersey, Pennsylvania and Connecticut. **REUTERS**



► Why yes, my name is ...
Ima Fay K. Eyedee.

Dell of a lifetime



Dell taking company private

Michael Dell will take Dell Inc. private for \$24.4 billion in the biggest leveraged buyout since the financial crisis, a deal that allows the billionaire CEO to revive the fortunes of his computer company without Wall Street scrutiny.

The deal is financed with cash and equity from Michael Dell, cash from private equity firm Silver Lake and a \$2 billion loan from Microsoft Corp. It will end a rocky 24-year run on public markets for the company. **REUTERS**

Big Brother sees all

FBI camera watched Ala. hostage-taker

Authorities used a hidden camera to watch a man holding a boy hostage in an underground bunker in rural Alabama and moved in to rescue the child after the suspect was seen holding a gun, according to news reports yesterday. The nearly weeklong standoff with Jimmy Lee Dykes, 65, began after he gunned down a school-bus driver and snatched the boy. It ended on Monday with Dykes' death and the safe recovery of the kindergarten student. **REUTERS**



► Eye in the sky ...
or in a bunker

Standard & Poorer

US sues S&P for 'fraud'

The government is seeking \$5 billion in its civil lawsuit against Standard & Poor's, accusing the ratings service of defrauding investors, in one of the most ambitious cases yet from the Justice Department over conduct tied to the financial crisis.

The U.S. said S&P inflated ratings and understated risks associated with mortgage securities, driven by a desire to gain more business from the investment banks that issued those securities.

S&P committed fraud by falsely claiming its ratings were objective, the lawsuit said. **REUTERS**

\$5B Damages sought by the government from S&P

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WHITENING SYSTEM

US commuters spend nearly a workweek stuck in traffic

American commuters, on average, spent more than a full workweek stuck in traffic in 2011, a sign gridlock is making a comeback as the economy recovers from recession, a study released yesterday said.

Traffic jams on the way to or from work ate, on average, 38 hours of commuters' lives that year, up from 34 hours the year before, researchers from the Texas A&M University Transportation Institute found in an annual survey. That's nearly four hours longer than the average workweek.

Washington, D.C., where drivers spend 67 hours per year in traffic, was the most congested urban area for the second consecutive year, followed by Los Angeles, San Francisco, New York and Boston, the researchers found.

Traffic congestion



NICOLAUS CZARNECKI/METRO

► The report found that 60 percent of delays occurred on streets and 40 percent on highways.

67

Washington, D.C., drivers spend 67 hours per year in traffic.

43

Congestion peaked in 2005, when drivers spent an average of 43 hours a year in traffic.

19

Drivers, on average, wasted 19 gallons of fuel in 2011, the report found.

reached its peak in 2005, when drivers spent an average of 43 hours a year in traffic.

"Prior to the economy

slowing, congestion levels were much higher, and we really expect to see the conditions of congestion ... really go up as the econ-

omy improves," Bill Eisele, a TTI researcher and the co-author of the report, told Reuters.

REUTERS

In the news

Yale, Univ. of Penn sue former students after loans to poor students default

Needy U.S. borrowers are defaulting on almost \$1 billion in federal student loans earmarked for the poor, leaving schools such as Yale University and the University of Pennsylvania with little choice except to sue their graduates.

The record defaults on federal Perkins loans may jeopardize the prospects of current students since they are part of a revolving fund that colleges give to students who show extraordinary financial hardship.

Yale, Penn and George Washington University have all sued



► Yale University

former students over nonpayment, court records show. While no one tracks the number of lawsuits, students defaulted on \$964 million in Perkins loans in the year ended June 2011, 20 percent more than five years earlier, government data show. Unlike most student loans — distributed and collected by the federal government — Perkins loans are administered by colleges, which use repayment money to lend to other poor students.

REUTERS

"If you borrow to go to school, it may not be just the government that ends up coming after you if you can't pay."

DEANNE LOONIN, AN ATTORNEY WITH THE NATIONAL CONSUMER LAW CENTER IN BOSTON

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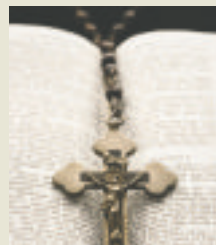


Dorothy Robinson's take on the world of gossip [@dorothyatmetro](#) [dorothy.robinson@metro.us](#)

Quvenzhané Wallis' puppy purses make a splash on red carpet

Meet the hot, new Hollywood meet-up: Jesus

Apparently the hottest new Hollywood hang-out isn't a nightclub, but a bible study group — which **Selena Gomez**, **Vanessa Hudgens** and "90210" star **Matt Lanter** have reportedly been attending, according to *Us Weekly*. Gomez has even brought ex-boyfriend **Justin Bieber** to the group, which meets monthly. "Justin's come in before, and his mom, **Pattie**, is a regular," a source says. The group is reportedly organized by *E!* correspondent **Jason Kennedy**. I am so jaded, but I totally think this is a front for smoking weed in the name of Jesus.



It's a very slow gossip day and, honestly, if I have to write one more thing about the feud between **Brandi Glanville** and **LeAnn Rimes**, I'm going to pack up my things and move to Vermont where I will spend the rest of my days raising cattle and never reading another *Us Weekly* ever again. Or raising Budweiser Clydesdales. Whichever.

So, today's column will be about something worth highlighting: the awesomeness that is Oscar nominee **Quvenzhané Wallis'** puppy purses.

Wallis owns 20 of the purses — by Poochie & Co. — and they've been a mainstay on the

red carpet for the 9-year-old actress. "That's my signature," she told **Ellen DeGeneres** on "Ellen," about always rocking the accessory. And yes, expect to see one pop up (pup up?) at the Oscars. When asked by **Jay Leno** on "The Tonight Show" who she'll be taking to the award's ceremony, she held up her puppy purse and said, "This and my mom."

In Hollywood, where we force our girls to grow up much too quickly, it's nice to see a little girl act like a little girl. And carry a mass-produced purse that looks like a little dog instead of, you know, Gucci.



Talking points

DiCaprio's new young thing

It looks like things are heating up between **Leonardo DiCaprio** and his "Wolf of

Wall Street" co-star **Margot Robbie**. DiCaprio and the 22-year-old Australian actress were spotted getting cozy on the balcony of his suite at a Miami hotel before heading out to play in the surf.

Hurley's Audi has been found

Elizabeth Hurley can call off the search for her missing Audi, as the sedan has reportedly resurfaced — plastered with parking tickets — in the same neighborhood where it went missing, according to the *Daily Mail*. Hurley reported the car stolen last week after it went missing

while she was shopping.

Trump sues Maher for \$5M

Donald Trump is suing **Bill Maher** for \$5 million over a charity wager, according to *E!* News. Maher reportedly agreed to donate that amount to charity if Trump

could prove — by producing a birth certificate — that he was not the child of an orangutan. Maher made the offer during a visit to the "Tonight" show after Trump infamously made a similar \$5 million charity donation offer to **Barack Obama** that was widely criticized.

The feed ...

▶ Checking in with some of Hollywood's biggest names to see what they've been up to — in their own words, in 140 characters or fewer.

Today, **Shia LaBeouf** has finally joined Twitter, **Josh Radnor** is trying to maintain his image, **Steven Soderbergh** is feeling left out and **Sarah Silverman** missed the Super Bowl.

@ShiaLaBeouf how are you guys doing?

@JoshRadnor Pretending like I don't like 'Peter, Paul, & Mary' is exhausting.

@Bitchuation When there is a sign posted in a bar that says WE ID ALL GUESTS and they don't ID you, is that bad?

@SarahKSilverman Oh Jesus I just woke up did Beyonce win?



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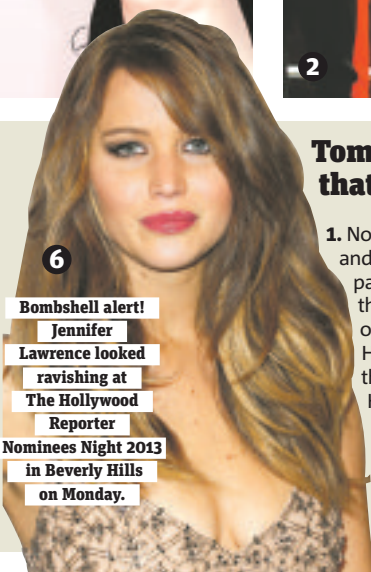
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TomKat, is that you?

1. Nope, it's **Bruce Willis** and wife **Emma** in a passionate pose at the German premiere of his latest "Die Hard." In German, the film's title is "Die Hard - Ein Guter Tag Zum Sterben," which we're pretty sure translates to "Die Hard: We'll Keep Making Them

Until You Stop Seeing Them.”

2. Still lookin' good, Lizzy! **Queen Elizabeth II** arrived for the opening of a new MRI unit at The Queen Elizabeth Hospital on Tuesday in Norfolk.

3. Shakira's boyfriend, **Gerard Pique**, introduced their newborn, **Milan**, who was born in Barcelona on Jan. 22.

4. Geri Halliwell arrived for the Viva Forever Afternoon Tea Launch yesterday in London.

5. Benicio Del Toro was spotted at France's Roissy Airport on Tuesday.

7. Melissa McCarthy gave a hand to her fans at the "Identity Theft" premiere in California on Monday.

1: ANDREAS RENTZ/GETTY 2: WPA POOL 3: UNICEF
4. NEIL MOCKFORD/FILMMAGIC 5: MARC
PIASECKI/FILMMAGIC 6: FREDERICK M. BROWN/GETTY
7: KEVIN WINTER/GETTY



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From Japan with love

► Once the dominating force in the world of gaming, Japanese publishers are still turning out high-quality product

► Two new games offer top-rate immersive experiences

It wasn't so long ago that games created in Japan were the only games that mattered. Nowadays, for better or for worse, it is the West that rules the gaming goose. Japan still has a few tricks up its digital sleeve, however.

Here are reviews of some recently released gems that come straight from the land of the rising sun.

'Fire Emblem: Awakening'

Sidescroller



LAWRENCE BONK

LAWRENCE.BONK@METRO.US

Console: Nintendo 3DS

Publisher: Nintendo

Rating: 100000

In Japan, the strategy RPG is king. These games take some tropes of turn-based RPGs and mix them with lengthy, complicated battles. The end result resem-

bles something more like chess than video games. This genre can be horribly frustrating, but it's extremely addictive once you know the ropes.

"Fire Emblem: Awakening" is the newest entry in the SRPG canon, and it's a doozy. It features an engrossing story, complete with voice acting and a quest that could take dozens of hours to complete. It's also hard as nails. For instance, when a character dies in battle they are gone forever. You may

throw your 3DS against the wall, but you'll have a good time doing it.

'Ni No Kuni: Wrath of the White Witch'

Console: PS3

Publisher: NAMCO Bandai

Rating: 100000

Hayao Miyazaki and his Studio Ghibli animation studio are best known for feature-length movies like "Spirited Away" and, most recently, "Arrietty." However, for years now the company has been slaving away on a video

game. The fruits of their labor, "Ni No Kuni: Wrath of the White Witch," is as beautiful and whimsical as any of their films.

At its heart, Ni No Kuni is a JRPG. This means you explore a world as you fight enemies and collect new items and weapons. Thanks to some innovative design choices, like a real-time battle system, it is a great deal more than that. This game must be seen to be believed. It truly does feel like you are controlling an animated feature.



► "Ni No Kuni: Wrath of the White Witch" lets you feel as though you're directing your own movie.

NAMCO BANDAI

In the news

Web giant Amazon introduces its own coin currency

Amazon on Tuesday announced a new virtual currency called Amazon Coins that's billed as an "easy way for Kindle Fire customers to spend money on developers' apps in the Amazon Appstore." The company will introduce the currency in May with "tens of millions of dollars' worth of free Amazon Coins" to spend on developers' apps. Amazon will also make it quick and easy for customers to buy the coins with their accounts. Developers will make 70 percent on every purchase, with the rest going to Amazon.

TODD WASSERMAN FOR Mashable
The Social Media Guide

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TV watch list



► Keri Russell stars as Elizabeth Jennings in "The Americans."

'The Americans'

DRAMA. Philip and Elizabeth must rise to the task of planting a bug on the American Defense Secretary in this Reagan-era drama about Soviet KGB agents posing as a

suburban American family.
10 p.m., FX

'Modern Family'

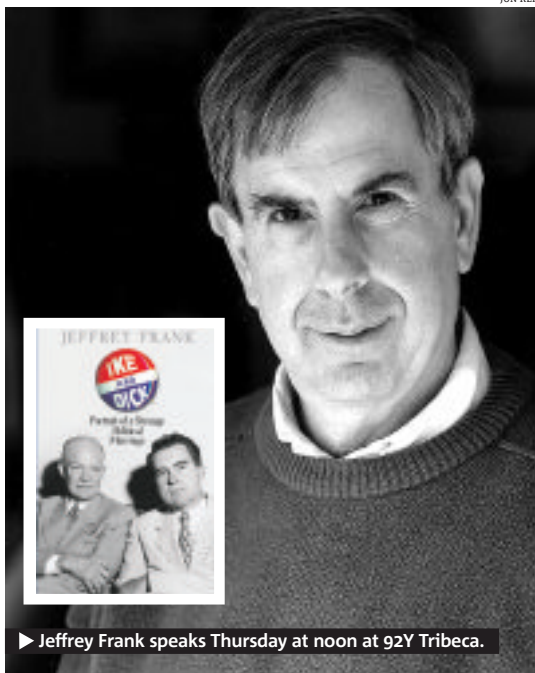
COMEDY. Cam's production of "Phantom of the Opera" is nearly derailed by the illness of its lead, and Manny tries to usurp the gig.
9 p.m., ABC

'Toddlers and Tiaras'

REALITY. This can't-look-away reality program documents kiddie pageants in all their glittery sleaze. First prize is a crown — and validation for stage parents grieving their own failed modeling careers.

Season finale, 9 p.m., TLC
● NATALIE SHURE

'Ike & Dick': Meet the odd couple of politics



► Jeffrey Frank speaks Thursday at noon at 92Y Tribeca.

"The Odd Couple" didn't make its Broadway premier until 1965, but in a way it had already had an eight-year trial run in the White House. Beginning in 1952, one of the strangest pairings in American political history began when the revered Gen. Dwight D. Eisenhower ran for president with the generally reviled Richard Nixon as his running mate.

Former New Yorker editor and Washington journalist Jeffrey Frank entertainingly explores that eccentric relationship in his new book, "Ike & Dick: Portrait of a Strange Political Marriage." Their story held a long-term fascination for him, Frank explains. "They were two such major figures in the 20th century. But I think what fascinated me most was this huge difference between these two men, both of whom became president."

Another odd twist was that despite Eisenhower's apparent dislike of his vice president, the two maintained a lifelong relationship, unlike most men who have occupied the

If you go

► **Jeffrey Frank**
Thursday, noon
92Y Tribeca
200 Hudson St.
\$40, 212-415-5500
www.92y.org/tribeca

same positions. They even became family when Eisenhower's grandson, David, married Nixon's younger daughter Julie.

In the process of telling the story, Frank says, "They became more real to me. When I started this book I was determined not to simply kick Nixon around — he'd had enough of that. I really wanted to see him as a human being. Eisenhower became in some ways a more distant character for me; even his own family didn't know what made him tick. But I also saw how lucky we were to have him as president because of his good qualities: his patience and his instincts about war and peace."

Shaun Brady
shaun.brady@metro.us

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How to stay safe during winter runs



► Multiple layers are key for any run you tackle outdoors this winter.

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DR. MARK MELROSE

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The question:

I'm a runner. How can I safely exercise outdoors in the bitter cold?

An outdoor workout on a cold day has its benefits, especially when gyms are filled with coughing, sneezing patrons and may be a source of contagious colds and flus. But it also has its hazards:

Frostbite

Exposed skin and extremities are susceptible to injury from the cold air, as the circulatory system diverts warm blood away from cold skin in order to keep your core temperature constant. Skin may be red or blanched skin prior to developing frostbite, in which the exposed skin actually freezes and ice crystals damage body tissue.

Nose, ears, lips, fingers and toes are particularly sensitive areas and should be covered and insulated when exercising in less than 40 degree weather, and even more so when it is below freezing or windy. Warm hats, scarves, face masks, mittens (which are better than gloves because your fingers keep each other warm) and wool socks should all be a part of your winter fitness wardrobe. You might also consider hand warmers for inside your gloves. Because of the risk of frostbite, never exercise outdoors with exposed arms or legs for more than a few minutes on below-freezing days.

Symptoms of frostbite

include: pale, waxy-looking skin that does not change color with pressure; blisters; numbness; and localized swelling. If you think you may have frostbite, get inside and seek emergency medical attention.

Hypothermia

Hypothermia is an inability of the body to generate sufficient heat to maintain a normal core temperature (98.6° F), or the loss of too much body heat to the external environment. It doesn't need to be freezing outside for you to become hypothermic. Wind draws heat away from your body even faster, and so susceptibility to hypothermia is greater on windy days. Initial symptoms of hypothermia include: rapid heartbeat and breathing, shivering, fatigue, dizziness and joint stiffness. As symptoms progress, you may experience confusion, impaired judgment or slurred speech.

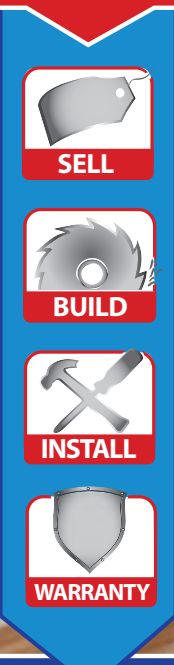
If you exercise outdoors in the cold, wear multiple layers of clothing. Perspiration can cause your clothes to become wet, so strip off layers as you warm up. Evaporation from wet clothing can cause even faster loss of body heat, and makes the risk of hypothermia greater. Also, stay well hydrated. The cardiovascular system is under stress in cold weather, so fill up your tank before you go out. Finally, if you have any medical conditions such as diabetes, hypertension, heart disease, asthma or bronchitis, it is probably better to exercise indoors.

— Mark Melrose, DO, is a board-certified emergency physician at Urgent Care Manhattan. E-mail him your questions at askdrmark@metro.us.

Metro does not endorse the opinions of the author.

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The Madonna workout

- Want to know just how the superstar gets those amazing arms and abs?
- We went straight to the source: Her personal trainer, Nicole Winhoffer

Madonna might have access to the best in diet and fitness, but she still believes in a good, old-fashioned workout to keep her body chiseled. We got our hands on a few of the moves she does to keep a fit bod — and they're all totally doable.

Tricep lateral shave

Gets rid of back fat and bulge over the sides of a tank top or bra

With feet hip-width apart, bend your knees and lower to a flat back with your stomach engaged. Grip a towel lengthwise behind the back. With palms down, raise the towel away from your butt about four inches. Your triceps should be fired, shoulders rolled back, neck long. This is the starting position. Your arms will be moving laterally, continually keeping



▶ "Madonna and I do this move almost every other day," Winhoffer says of the kick-out, shown here. See more photos at www.metro.us.

tension between the towel. Reach the towel to the left while transferring weight to the left. Then reach the towel to the right, transferring the weight to the right leg. Reach the towel to the left again, and pulse in this position two times. This equals one rep. Repeat on the other side. You want to feel the resistance and the burn throughout the entire exercise. Repeat 16 times.

Single-leg knee pull

Works low abs, hips and butt

On a slippery hardwood or tile floor, place the ball of your left foot on top of a neatly folded towel. Crouch down and place your hands firmly on the floor. Cross the right leg behind the left and transfer weight evenly between upper body and left leg. Shoot the left leg back so it's extended straight and your body is in a plank position. Draw the knee back to the start position. This is one rep. Your glutes,

thighs and abs should be tightened and engaged the entire time. Do 24 reps with one leg and then repeat with the other.

Kick-out with towel between feet

Works abs and inner thighs
Sit on the ground and place your towel between the inner soles of your feet, keeping knees bent. Lift feet off the ground and place your hands behind you for support. Extend your feet straight out in front of you,

squeezing your inner thighs to keep the towel from falling. As you extend, slightly bend arms behind you. Draw feet back in to the start position. This is one rep. Repeat 32 times.

Turned-out towel runs

Works lower abs, obliques, inner thighs, butt and hips
Fold two hand towels into squares and step the balls of your feet firmly on top (one on each square). Squat down and place your hands in front of you, shoulder-width apart, with weight equally distributed between hands and feet. Draw the right leg straight back, turning the knee out to the corner of the room. Switch legs in a fast pace. This is one rep. Do three sets of 15, resting for eight counts between each set.



Meredith Engel
meredith.engel@metro.us

More on Madge

▶ **What she listens to when she works out:** "Music is key to our workouts," Winhoffer says. "We listen to a wide range: R&B, rap, techno, electro, remix playlists by Offer Nissim and DJ Misha Skye — anything that has a great bass and beat."

▶ **One secret to her amazing skin:** "Because we are advocates for sweating, replacing our bodies with fluids and electrolytes is crucial post-workout. Drinking lots of water is essential for hydration, muscle support, skin tone and joint mobility."

Learn more

These moves are all part of Winhoffer's "Addicted to Sweat" four-part DVD series, co-created by Madonna. **\$30.**
www.addictedtosweatdvd.com



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Manufacturers scramble to keep up with demand for powerful new diet formula

Consumers flood phone lines looking for SimplePure HCG weight loss solution

(Canoga Park, Ca) - Ground breaking developments are shaking up the weight loss industry. HCG (Human Chorionic Gonadotropin) is a hormone produced by the human body that helps the body use fat more efficiently. According to renowned endocrinologist, Dr. Albert T.W. Simeons, HCG effectively sends signals to the brain to release fat stores creating rapid weight loss. For years, HCG was only available by injection making it less available to the general public. Now, with its new advanced liquid formula, SimplePure Nutrition has made it available in sublingual drops. Suppliers have been authorizing extra shifts for employees in order to fill the rising demand for SimplePure's proprietary formula. The makers of SimplePure HCG have set up a toll free national hotline for dieters in immediate need. For a limited time, they



Shipments are being rushed to suppliers in order to meet demand for new rapid weight loss formula.

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are giving away a free bottle so consumers can experience the rapid weight loss themselves before purchasing. The offer is only good while supplies last so the manufacturer suggests calling the hotline immediately to secure the free supply.

How to get SimplePure HCG for FREE

Operators have been dispatched to multiple call centers to handle the growing number of calls. To secure your free supply, call the 24 hour toll free hotline as soon as possible because inventory is limited.

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Please consult with your physician before taking any nutritional supplements. If you are on any medications, check with your doctor regarding dosage adjustments. Individual results may vary. These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease. *Some conditions apply.



Valentine's Day

Get your heart pumping

These studios' special workouts will help you grow closer to your sweetie — or show that menacing Cupid who's boss.

New York Sports Clubs

Master trainer Love — yes, that's her real name — is behind the new "Tough Love: Bars, Bands & Blindfolds Bootcamp" happening all this month. It's a dynamic mix of high-intensity intervals, partner relays, blindfolded plyometrics and moves with bands and blindfolds, meant to mimic "Fifty Shades of



► Just an ordinary day in "Tough Love."

MILENA BIJOULEVA



► You can't beat up your ex at Crunch, but you can kick the crud out of his photo.

Grey." Bring your other half or show up single and ready to sweat with a sexy stranger. Best news: It's free whether or not you're a member.
Thursdays, 5:15 p.m., NYSC 59th Street & Park Avenue

Crunch

Take out all your aggression at Crunch's "Ex-Factor" boxing and kickboxing class. Bring a photo of your former flame — the pros will tape it on a mitt and pair you with another resentful romantic so you can get kicking and pounding. It's a free class, so members can bring friends. Members, sign up online (www.crunch.com); nonmembers, come early to sign up at the front desk.
Feb. 14, 7 p.m., Crunch 59th

SoulCycle

On Feb. 14, the E. 63rd St. studio is offering blow-outs from Fix Beauty Bar

to Soulsters in the 10:30 a.m. class to get them looking hot for the night ahead. There are also couples date-night rides in the Scarsdale, Roslyn and Greenwich studios, and sad cyclists can get their mojo back at the Feb. 14 NoHo studio's Achy Breaky Heart ride. Sign-ups for all of these classes begin Monday at noon at www.soul-cycle.com — get there right at noon, because spots fill up fast.

Body & Pole

Body & Pole teaches the seductive art of pole dancing, plus a whole lot more: Take this Saturday's Burlesque Booty class, taught by burlesque performer Peekaboo Pointe, for example. She'll lead you through a routine for your derriere in a 90-minute class that's equal parts workout and fun. It's \$25, call 212-334-6900 to sign up.

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- I have a large bump behind my big toe (or little toe) which is always red.
- I get an extremely painful "cramp" in the area of my third and fourth toes when wearing shoes.
- My toes aren't straight - they are crooked, bent and hurt.
- I have painful calluses on the ball of my foot which keep building up.
- I have corns on my toes which get thicker no matter what shoe size I wear.
- The bottom of my heel hurts all day, but it's worse when I step out of bed in the morning.
- I have cramps in my legs which always happen when I walk the same distance.
- My ankles are swollen most of the time.
- My feet are always dry and scaly - sometimes they itch.
- My feet just hurt all over when I stand or walk a lot.
- I have numbness, burning, infection, persistent pain, skin rash, or open sores.

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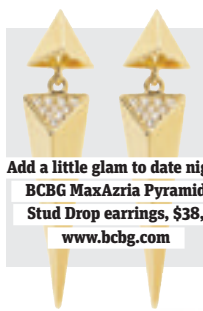
valentine's day gift guide

Gifts for her

Spread the love

Everyone knows she doesn't really celebrate Valentine's Day, but just try showing up without one of these

Tina Chadha
tina.chadha@metro.us



Add a little glam to date night.
BCBG MaxAzria Pyramid Stud Drop earrings, \$38,
www.bcbg.com



Henri Bendel Petite Blair bag,
\$198
www.henribendel.com



Estee Lauder Nail Lacquer in Love Bites, \$20,
www.estelauder.com

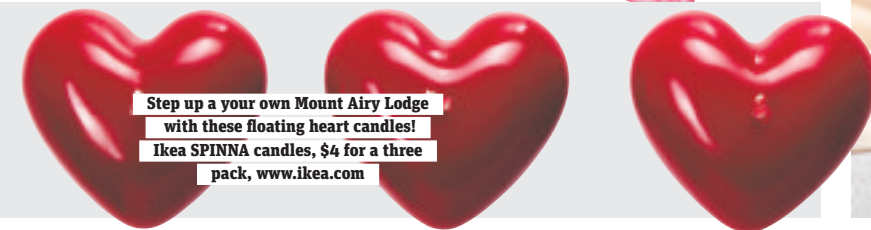


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\$13,
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Let's make those couch-side back massages legit.
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www.reniskicare.com



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museumofsex

Gifts for him

Picks for the man in your life

1 Not only are you letting him spend the night, you're making him comfy, too. The Overnight pack from **Mack Weldon** includes a V-neck, boxer briefs and a pair of socks. Breakfast, however, is not included. **\$68**, www.mackweldon.com

2 He can keep these at your place or take them on a business trips. **Aesop Jet Set kit**, \$35, www.aesop.com

3 Admit it, you love upgrading him. **Gucci sunglasses**, \$345, www.solsticesunglasses.com

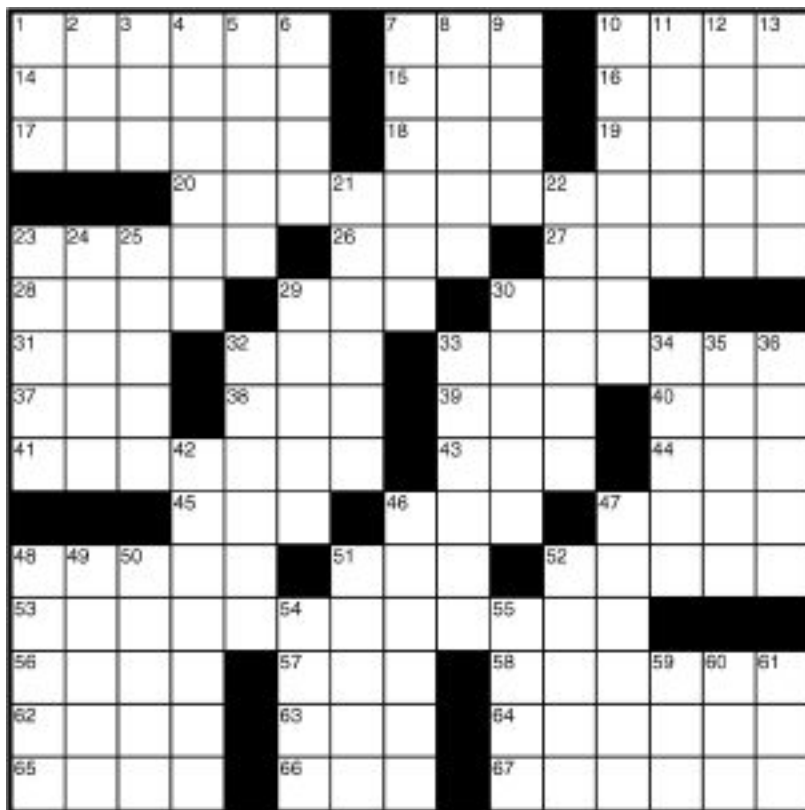


Across

1 Athens rival
 7 Joanne of old films
 10 — Wooley of "The Purple People Eater"
 14 Hearsay
 15 Lawyer's thing
 16 Gourmet mushroom
 17 Sense
 18 Common Market initials.
 19 Bing Crosby tune
 20 Milky Way, e.g.
 23 Airport summons
 26 Mantra chants
 27 Upholstery choice
 28 Lime coolers
 29 Email senders
 30 Ginza money
 31 A Bobsey twin
 32 Hearty laugh
 33 Swindle (2 wds.)
 37 VI halved
 38 Dander, plus
 39 Bear —
 40 Pen part
 41 Crunchier
 43 Previous
 44 Linen vestment
 45 Do a send-up
 46 Rx givers
 47 Antler prong
 48 Falsely incriminate
 51 Carbondale sch.
 52 Transported kids
 53 Trunk item (2 wds.)
 56 Iridescent stone
 57 WWW find
 58 It turns litmus blue
 62 Glassmaker — Lalique
 63 Unisex wear
 64 Pump choice
 65 Treasured
 66 Any ship
 67 Unruffled

Down

1 Delhi honorific
 2 Knock-knock joke
 3 Lb. or tsp.
 4 Wakes up
 5 Stumbles
 6 — spumante
 7 Wishes and hopes



8 Fishing gear
 9 SOS receivers
 10 Climbing
 11 Macho type (hyph.)
 12 Adhesive
 13 Emerald, in geology
 21 Granny's chair
 22 Emulate Hamlet
 23 Wall Street woe
 24 Oil-well capper Red —
 25 Lamp dwellers

29 Blender button
 30 Not mine
 32 Shout of glee
 33 Little angel
 34 Writer — Nin
 35 Mr. Pim's creator
 36 Receded
 42 Needlework of yore
 46 Telemarketing device
 47 Like a walrus
 48 Viking's bay

49 Calcutta coin
 50 Maytag rival
 51 Cliff debris
 52 Prove false
 54 Baseball's Babe —
 55 Youths
 59 Cool — — cucumber
 60 Tolerated
 61 Seine moorage

Letters

Guns are deterrent as well as weapon

RE: "AMERICANS USED TO AGREE THAT FREEDOM TO OWN GUNS DIDN'T PRECLUDE SAFETY" (METRO, FEB. 5) Letter writer Paul Simon's letter effectively argues the government has the right to further regulate the sale of assault weapons. However, he erroneously claims these weapons only exist for the purpose of committing violent acts. America maintains nuclear stockpile not because we seek to set out and destroy the entire civilized world. We maintain it as a deterrent to prevent aggression from others. Assault weapons served citizens as a deterrent from violence and looting in days following Katrina when no government was around to provide protection.

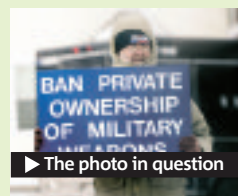
CHRIS SAVOIE, VIA E-MAIL

Don't shoot your mouth off unless you know all the terms

RE: "OBAMA'S GUN CONTROL PUSH GOES TO MIDWEST" (METRO, FEB. 5) The picture in Feb. 5 Metro is a perfect illustration of the ignorance and misinformation being spread by

the Obama administration, the MSM and the anti-gun folks. Private ownership of military weapons is already tightly regulated and has been for many years. The letters further spread that misinformation. In 47 years of shooting, I never seen "cop-killer bullets." The term "assault weapons" didn't exist prior to 1989 and is a term invented by anti-gun publicists. Both letters mention "need." It is not up to the government to determine what I need, and contrary to what the antis would have you believe, the Second Amendment has nothing to do with hunting, and the citizens of that period owned "military weapons." The firearms that are the hot topic of debate may be alike in appearance, but are not military weapons. They do not fire at the same rate (semi-auto vs. full-auto), nor do they have select-fire capability. Features such as an adjustable stock, which allows the gun to fit shooters of different sizes, grips and other cosmetic features, make these firearms no more lethal.

MOE PRIELI, VIA E-MAIL



GETTY IMAGES

Horoscope

♈ Aquarius Jan. 20-Feb. 19. Those with whom you have commercial involvements will quickly judge you to be fair and equitable. The example you set will be emulated by them.
 ♉ Pisces Feb. 20-March 20. Any new venture that you undertake will have very high chances of success. There could be three such projects working out to your satisfaction.
 ♊ Aries March 21-April 19. You couldn't avoid the spotlight if you tried, so don't fight it. There is no need to get stage fright; the audience is packed with your friends.
 ♈ Taurus April 20-May 20. When you decide to promote a new idea, issue or cause, you

can become an especially good salesperson, especially if you truly believe in what you're doing.

♊ Gemini May 21-June 20. Knowing that you will be better playing a supportive role, you'll happily leave primary management of a project in the hands of someone in whom you have great faith. Good for you.

♋ Cancer June 21-July 22. Willingly making adjustments that another wants could turn out to be an advantageous maneuver, and you know it. Your situation will improve as a result.

♌ Leo July 23-Aug. 22. Becoming a champion of lost causes might be the best thing you can do. It'll give you an opportunity to resurrect something really important that needs to be done.

♍ Virgo Aug. 23-Sept. 22. Bonds can now be established with someone whom you've always liked but have never been able to get close to in the past. She or he will be exceptionally receptive to your overtures.

♎ Libra Sept. 23-Oct. 23. Being in an exceptionally artistic and creative cycle makes this an excellent day to try your hand at beautifying your living surroundings. You can use this gift for commercial purposes as well.

♏ Scorpio Oct. 24-Nov. 22. There are many strong indications that you could derive some unusual benefits from an involvement with a number of pronounced elements of chance. Take your chances.

♐ Sagittarius Nov. 23-Dec. 21. More often than not, it's important to prime the pump to get things flowing. For exam-

ple: If you're desirous of financial gains, an investment on your part might be required.

♑ Capricorn Dec. 22-Jan. 19. Be grateful for what is new and different in your life, because it will be a harbinger of things to come, helping you approach the future with hope and expectation.

BERNICE BEDE OSOL

Solution to yesterday's crossword



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1					3			
	7			1	8	5		
7	1						8	
	2	3				1	7	
	4						6	9
		1	7	8		5		
			3					1
9		4	6					7

Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

TALK OF THE TOWN

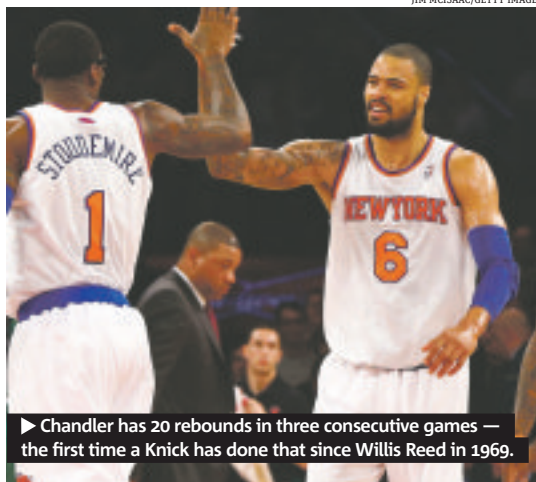
► Meeting between Chandler, Woodson has ignited Knicks' post defense ► Center riding the best rebounding streak of his career

Even 12-year veterans need a pep talk sometimes. Knicks center Tyson Chandler is no different.

Prior to New York's current five-game winning streak, head coach Mike Woodson was concerned his team wasn't coming to play every night. His worries proved to be prophetic when his team laid an egg in Philadelphia in a brutal 97-80 loss on Jan. 26, as Sixers point guard Jrue Holiday led a conga line into the Knicks' post.

Following the game, Woodson had a private meeting with the reigning Defensive Player of the Year.

"Mentally he lit a little fire under me," Chandler said. "The conversation we had when he called me into his office was like



► Chandler has 20 rebounds in three consecutive games — the first time a Knick has done that since Willis Reed in 1969.

ON TV TONIGHT

Knicks at Wizards
7 p.m., MSG

him telling me to be an All-Star and to start playing like one because the

last thing you want is people questioning that."

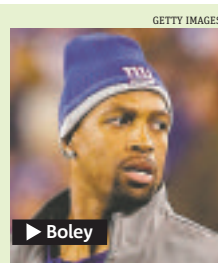
The push has thrust Chandler into the discussion for best center in the game right now. He's averaging 10.2 points and 14 rebounds per game since

the ugly loss to Philadelphia, including three consecutive contests collecting at least 20 rebounds in a game.

Woodson half-joked following Monday night's performance that Chandler "spoiled" him, so he's now expecting his center to continue his stretch tonight in Washington against the Wizards. The coach added that Chandler's role is as important as anyone else on the roster.

"He's been playing at such a high level lately, ever since he and I talked," said Woodson. "He's trying to do all the necessary things to help us win. And his rebounding and defense is a very big part of it."

Tony Williams
sports@metro.us



Giants release veteran Boley

It didn't take long after the Super Bowl for the Giants to start reshaping their roster in a bid to reclaim the Lombardi Trophy.

The team announced yesterday that they have parted ways with veteran linebacker Michael Boley. Boley, 30, spent the past four seasons of his eight-year career with the Giants.

Boley had one year left on a five-year, \$25 million contract.

"Michael came in and learned our defense quickly and he added speed, coupled with big play ability, to our defensive unit," Giants general manager Jerry Reese said in a statement released yesterday. "He also played an important role in helping us win Super Bowl XLVI. I wish him well as he moves forward in his career."

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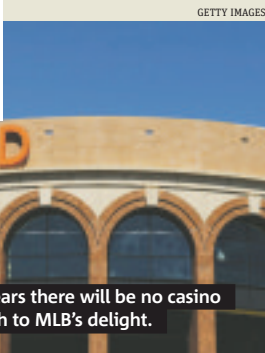


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Sports in brief



► Despite inquiries, it appears there will be no casino coming to Citi Field — much to MLB's delight.

Mets explored building casino near Citi Field

MLB. If the Mets had their way, they wouldn't be the only ones losing money in Flushing.

Sterling Equities, the conglomerate run by Mets owner Fred Wilpon, inquired into building a casino near Citi Field in 2011, according to the New York City Economic Development Corporation. The New York Post reported they were set to partner with the Shinnecock Indian tribe to submit a casino plan.

The bid was not accepted since gaming is not legal except on tribal lands. The New York City EDC, which is partnered with the city to develop the Willets Point area, say the plan never could have been accepted since the land is not approved for gaming, even if it was legal in the state.

"There is no casino being built at Willets Point, period," EDC spokesman Nick Kelly said in a statement yesterday. "A proposal in 2011 that included a gaming use was rejected. And the agreement with the Queens Development

Group to clean up and transform this long-blighted area into a dynamic, mixed-use district expressly prohibits any gaming uses."

The Mets have dealt with financial issues since Bernie Madoff was uncovered as running a Ponzi scheme in which the Wilpons had invested. They settled with Madoff trustee Irving Picard for \$162 million in fraudulent returns last March.

● **MARK OSBORNE**

Olympics could be in doubt for US skier Vonn

OLYMPICS. The greatest female skier in the world may miss the 2014 Olympics.

U.S. gold medalist Lindsey Vonn, who won the 2012 overall World Cup title, tore her ACL and MCL in a crash during an event yesterday in Austria. The crash ends her season and puts her Olympics, which begin exactly one year from yesterday, in doubt.

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Pl: Dan Iosifescu

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For More Information, please contact:
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REQUESTS FOR COPIES OF THE PROPOSED REVOCABLE CONSENT AGREEMENT MAY BE ADDRESSED TO: DEPARTMENT OF CONSUMER AFFAIRS, ATTN: FOIL OFFICER, 42 BROADWAY, NEW YORK, NY 10004.

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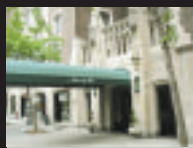
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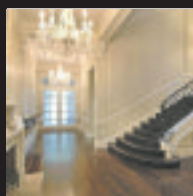


CHEAPEST

\$249K

5 Tudor City Place

The cheapest unit listed this week is a co-op at 5 Tudor City Place. This studio in a doorman building that features a gym and laundry room is listed by Douglas Elliman for \$249K.



PRICIEST

\$28M

54 E. 64th St.

The most expensive listing to hit the market this week is a mansion at 54 E. 64th St. The townhouse is 10,500 square feet with a spiral staircase and an elevator serving all floors. It is listed by Douglas Elliman for \$28M.



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Why you'll want to live in Midtown

Future residents at 20 W. 53rd St. will have no excuse for returning library books late. That's the address where the Baccarat Hotel & Residences New York is currently under construction, and there are three main public entrances planned for the building: one for the hotel, one for the residences and one for a public library. You see, the building takes over the Donnell Library's spot.

"The public library is part of the mixed-use side of the project," says Mark Gordon, a partner in Tribeca Associates, which is developing the project

"The Baccarat name is synonymous with luxury, and that sets the tone for the project. But with the library, it will enhance the neighborhood for everybody."

GORDON

alongside Starwood Capital Group. "Rebuilding it was part of our negotiations to acquire the property. The Baccarat name is synonymous with luxury, and that sets the tone for

the project. But with the library, it will enhance the neighborhood for everybody."

Along with three entrances, the building has three designers, too: Skidmore Owings and Merrill designed the striking 50-story glass tower, and Gilles et Boissier are the interior designers for the hotel. The 61 apartments will have a separate designer — "A high-profile international designer," says Gordon, whose name for now is under wraps.



Linda Clarke
letters@metro.us



► Residents at the Baccarat enjoy a pool and the library.

Residential details

While the library is set to open in 2015, the hotel and residences are due for completion in 2014. Though pricing has yet to be announced, residence sales are scheduled to begin in mid-March. Floor plans range from one to four bedrooms, including four full-floor units, plus one five-bedroom penthouse duplex with an outdoor terrace. Besides having a library, shopping and entertainment at their doorstep — the property's across from the Museum of Modern Art — Baccarat residents will have access to the hotel's pool, spa and health club. "Our residents will have a more social environment from the hotel," says Gordon. "They will have all the amenities of a first-class hotel and the privacy of their home."

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